Foundation Updates

[Foundation Updates for June](#) is available

The [June Issue of InfiniSynechis](#) is available

Health

[*Oldest living Japanese American, 110, shares her longevity tips and the 1 food she eats every day*](#)

Endorphins are the body's natural pain killers.
Endorphins can also release stress and create a feeling of well-being.
April 18, 2024

[There is a list of activities that increases the release of endorphins](#)

Wealth

Affluence usually means great Wealth and abundance. However, even those that do not have much in material possessions can feel affluent, when they are in the flow.

The roots of the word *affluence* are recognizable in the Latin **affluentia**, which refers to something that flows toward (someone).

We can see the connection when we think of the flow of wealth that signifies affluence in our society. For centuries we have seen the affluence in the United States that sparked admiration and jealousy among poorer nations, and we have seen that same affluence rising now in China, as it prepares to take its place as a major world power.

"Affluence." *Vocabulary.com Dictionary,* Vocabulary.com, https://www.vocabulary.com/dictionary/affluence. Accessed 17 May. 2024.

Happiness

Children are great teachers because their emotions are pure. This is the reason why we feel happy when we are around them. When they laugh it is a genuine display of happiness.

Laughter is good for everyone. For a few seconds, while laughing one is relaxed

Laughter therapy: A humor-induced hormonal intervention to reduce stress and anxiety
Akimbekov NS, Razzaque MS.

Laughter therapy: A humor-induced hormonal intervention to reduce stress and anxiety. Curr Res Physiol. 2021;4:135-138. doi: 10.1016/j.crphys.2021.04.002. Epub 2021 Apr 30. PMID: 34642668; PMCID: PMC8496883.